



## Discovering your Strengths: Using Positive Psychology to Thrive

### ► Training Details

#### Training Course Overview

The Discovering Your Strengths course is a 5-day training program designed to help participants unlock their potential and maximize their well-being by leveraging the principles of positive psychology. This course focuses on identifying and developing individual strengths to foster personal growth, improve performance, and enhance overall satisfaction and fulfillment in life.

#### Training Course Objectives

**By the end of this training course, participants will be able to:**

- Understand the concept of positive psychology and its relevance to personal and professional development
- Identify and assess individual strengths using validated assessment tools
- Explore strategies to leverage strengths for increased productivity, engagement, and happiness
- Cultivate a growth mindset and resilience to overcome challenges
- Develop effective goal-setting techniques based on strengths
- Foster positive relationships and collaboration through strengths-based approaches

#### Designed for

**This training course is suitable to a wide range of professionals but will greatly benefit:**

- Professionals seeking to enhance their performance and satisfaction in the workplace
- Individuals interested in gaining self-awareness and discovering their unique strengths
- Managers and leaders interested in applying strengths-based approaches to improve team dynamics and productivity
- Anyone looking to enhance their well-being and live a more fulfilling life by focusing on their strengths

#### Learning Methods

This Anderson training course will utilise a variety of proven adult learning techniques to ensure maximum understanding, comprehension and retention of the information presented. This will include an interactive mixture of lecture-led learning & group discussions.

### ► Training Details

#### Day One: Introduction to Positive Psychology and Strengths

- Understanding the principles and benefits of positive psychology
- Introduction to the concept of strengths and their role in personal and professional success

- ▶ Overview of positive psychology research and its application to thriving

## **Day Two: Assessing and Discovering Your Strengths**

- ▶ Introduction to strengths assessment tools such as VIA Character Strengths Survey
- ▶ Completing the strengths assessment and interpreting the results
- ▶ Reflection and exploration of personal strengths, talents, and values

## **Day Three: Leveraging Strengths for Success and Well-being**

- ▶ Understanding the link between strengths and performance, engagement, and happiness
- ▶ Strategies for applying strengths to achieve goals and overcome challenges
- ▶ Developing an action plan to leverage strengths in daily life and work

## **Day Four: Cultivating a Growth Mindset and Resilience**

- ▶ Understanding the power of a growth mindset in personal and professional development
- ▶ Strategies for developing resilience and bouncing back from setbacks
- ▶ Applying strengths-based approaches to foster a growth mindset and resilience

## **Day Five: Building Positive Relationships and Collaboration**

- ▶ The role of strengths in building positive and meaningful relationships
- ▶ Enhancing communication and collaboration through a strengths-based approach
- ▶ Leveraging strengths to create a positive and supportive team environment

## **▶ The Certificate**

Anderson Certificate of Completion will be provided to delegates who attend and complete the course

## **▶ INFO & IN-HOUSE SOLUTION**

For more information about this course, call or email us at:

Call us: +971 4 365 8363

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Request for a Tailor-made training and educational experience for your organization now:

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